

ORDINARY TIME 1 (A)

# Today's LITURGY

*A quarterly publication for liturgy preparation*

June 7, 2020–August 29, 2020

## Vocal Health and the Aging Voice

By Dr. Lisa A Billingham



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## On the Cover

"Faith," original oil painting by Mike Moyers.  
MikeMoyersFineArt.com

# Vocal Health and the Aging Voice

## Dr. Lisa A. Billingham



Dr. Lisa A. Billingham is professor of Choral Music Education at George Mason University, where she conducts the University Chorale and teaches undergraduate and graduate courses in choral music education. She is the past-president for the Virginia State Chapter of the American Choral Directors Association and is a planning committee member and campus liaison for the Annual Voices United Conference. She holds a DMA in Choral Conducting from the University of Arizona, an MM in Choral Conducting from the University of Missouri-Kansas City Conservatory of Music and a BME in Choral Music Education from Indiana University (Bloomington).

Choral directors face the aging voice on a weekly basis in rehearsal and services. A true and loving conductor listens to the choir with an ear to change in tone quality, breath support, and overall vocal health. Listening to the voices of your choir members as they speak can give you an indication if there is dryness, hoarseness, or even vocal damage. Pops in the speaking voice can indicate the side effects of dehydration which can be a side effect of medication or overuse. I encourage all of my choristers to have a water bottle in rehearsal and to drink at least 16 ounces of water or herbal tea (decaffeinated) prior to sleep. As Americans we are quite addicted to our morning coffee. Caffeine is an agent that dehydrates the voice. We have members of my choir volunteer to bring cases of water to the choir room; if you have a five-gallon dispenser it is better for the environment!

### Teach with persistence and show love

John 13:34 “I give you a new commandment: love one another. As I have loved you, so you also should love one another.”

Checking in with your choir members consistently shows care, concern, and also gives you information regarding any health-related or physical changes that may be happening with your singers. Over time, the musculature that supports the lower abdominal wall can affect the ability for deep and consistent breath patterning in your singers. Encourage your singers to participate in some form of movement class whether it be Tai Chi, meditation, or participation in a walking club. Post information!

The physical apparatus of the voice ages with the rest of the body. Encouraging breathing warm ups, and connecting them to life outside the choir space can be tantamount to continuing vocal health. I regularly practice Dr. Andrew Weill’s patterns of 4:7:8 breath patterning and find that they support my physical and emotional health. The following link (<https://bit.ly/2UbKS6N>) is a place to listen to Dr. Weill and practice for yourself.

Vocal health rules apply for all of the singers in your ensemble. It is entirely possible that the singers in your choir may not sing between rehearsal and services, or even do basic phonation if they live alone. Encourage your members to connect with one another; this will prove vital to keeping their voices limber. Breathing exercises and warm-up strategies that are consistent (but not repetitive) will keep your singers engaged. I use imagery in warm-ups for breathing that give singers an opportunity to relate to common experiences. Here’s an example: Imagine you are picking up a ball from waist height in front of you; inhale, pick up the ball, then exhale as you pass the imaginary ball to someone next to you. You can also model healthy body alignment. Singers can breathe deeper by placing their thumbs on their waist at the side and rolling their hand down with the pointer finger to identify the hip joints. Encourage the singers to then take a deep breath which will be supported from the strength of the hip joint.

# The Most Holy Trinity

6/7/2020 YEAR A

## MUSIC SUGGESTIONS

See [page 66](#) for an abbreviation key.

For additional music suggestions,  
visit [liturgy.com](http://liturgy.com) and [ocp.org/liturgy-podcast](http://ocp.org/liturgy-podcast).

### ENTRANCE

God, We Praise You NETTLETON A 222 BB 209 CP3 401 GP3 719  
H 495 J2 594 J3 567 TM 39  
All Hail, Adored Trinity OLD HUNDREDTH A 39 BB/MI 700 CP2 302  
CP3 309 GP2 416 GP3 354 H 303 J2 467 J3 446 TM 20 UC 423  
VOZ 507  
This Day God Gives Me BUNESSAN A 559 BB/MI 622 CP2 528  
CP3 574 GP2 727 GP3 779 H 572 J2 2 J3 850 R2 179 R3 136  
UC 775 VOZ 838  
Holy, Holy, Holy NICAEA A 242 BB 211 CP2 299 CP3 306 GP2 414  
GP3 358 H 299 J2 469 J3 448 R2 162 R3 115 TM 37 UC 421  
VOZ 505 OCP 30106572  
All the Earth (Deiss) A 47 BB/MI 423 CP2 369 CP3 391 GP3 695  
H 521 J3 620 VOZ 594  
Come Now, Almighty King ITALIAN HYMN A 141 BB/MI 701  
CP2 300 CP3 307 GP2 417 GP3 359 H 301 J2 471 J3 450 R2 161  
R3 114 UC 425 VOZ 506  
How Wonderful the Three-in-One CONDITOR ALME SIDERUM J3 449  
And the Father Will Dance (Landry) GP3 325 OCP 30133878  
Holy, Holy, Holy (Smith) CCM 159 J3 452 NTY 15 S&S 308 SS2 333  
OCP 11622  
Renew (Hart) CCM 158 S&S 344

### RESPONSORIAL PSALM AND GOSPEL ACCLAMATION

*Respond and Acclaim* (Alstott) 98–99  
*A Lectionary Psalter* (Schiavone) 86, 235  
*Spirit and Psalm* (Soper/Blakesley/McCullough) 212–215

### PRESENTATION AND PREPARATION OF THE GIFTS

God, Beyond All Names (Farrell) A 213 BB/MI 421 CP2 389 CP3 415  
GP2 667 GP3 698 J2 634 UC 765 VOZ 600 OCP 7236  
All My Days (Schutte) A 43 BB/MI 585 CP2 381 CP3 406 GP2 701  
GP3 707 H 461 J2 637 J3 604 UC 655 VOZ 606 OCP 11456  
Alle, Alle, Alleluia (Caribbean Mass) (Ho Lung) A 50 BB/MI 556  
CP2 368 CP3 390 GP3 713 H 503 J2 627 J3 596 NTY 2 UC 729  
VOZ 574 OCP 10555  
How Great Thou Art (Hine) A 254 BB/MI 424 CP2 387 CP3 413  
GP2 665 GP3 694 H 469 J2 628 J3 614 UC 768 VOZ 595  
OCP 12136  
Hymn of Praise (Te Deum) (Schutte) A 257 BB/MI 559 GP3 356  
OCP 30106526  
May We Praise You (Foley) GP2 678 GP3 728 OCP 9934  
Vine and Branches (Thomson) A 587 BB/MI 353 CCM 270 GP3 514  
S&S 261 UC 512  
Freedom in Your Cross (Ray) CCM 162

### COMMUNION

Eye Has Not Seen (Haugen) A 174 BB/MI 461 CP2 439 CP3 469  
GP3 645 H 448 UC 691  
In Memory of You/Ave Verum (Peloquin) A 900 BB/MI 347  
Make Us One with You (Modlin) A 346 OCP 30105765  
I Am the Bread of Life (Toolan) A 258 BB/MI 327 CP2 478 CP3 520  
GP3 493 H 390 R2 196 R3 304 UC 524  
A Place at Your Table (Walther) A 890 BB/MI 349 CCM 391  
OCP 30139968  
Many and One (Angrisano) A 349 BB/MI 416 CCM 268 GP3 551  
S&S 331 OCP 30103396  
Jesus, the Bread of Life (Brown) A 296 GP2 527 GP3 515 J2 817  
OCP 10490

The *Catechism of the Catholic Church* (266) says this about the Holy Trinity: “Now this is the Catholic faith: We worship one God in the Trinity and the Trinity in unity, without either confusing the persons or dividing the substance; for the person of the Father is one, the Son’s is another, the Holy Spirit’s another; but the Godhead of the Father, Son and Holy Spirit is one, their glory equal, their majesty co-eternal (Athanasian Creed: DS 75; ND 16).”

Bless you if you are the preacher today! Images familiar for explaining the Trinity go back as far as Saint Patrick’s legendary use of the shamrock. My most recent favorite is a kaleidoscope.

Instead of trying to explain the Trinity, why not either just read the quote from the *Catechism* and sit down, or refresh the assembly with the various ways we pay homage to the Trinity not in words, but in signs and symbols such as the sign of the Cross—a sign of our Baptism even without words. Or how about explaining the Apostles’ Creed and the Nicene Creed and why we have both?

Or go out on a limb and preach about mystery. What is a mystery? It’s something that can’t be explained. So why do we keep trying? Perhaps not everything must be explained in words. A kaleidoscope or a shamrock says more than words could. People are fascinated by mysteries!

Choose Trinitarian hymns for today, sing all three verses!

— Elaine Rendler-McQueeney

I Am the Bread of Life (Come and Follow Me) (Angrisano/Booth)  
A 876 BB/MI 362 CCM 200 OCP 30134793  
Amen, Let It Be Done (Stephan) CCM 257

### SONG OF PRAISE OR SENDING FORTH

Go Out, Go Out (Stephan) A 210 BB/MI 378 CCM 249 GP3 536  
S&S 212 UC 582 OCP 30108742  
Holy God, We Praise Thy Name GROSSER GOTT A 241 BB 197  
CP2 355 CP3 377 GP2 681 GP3 721 H 497 J2 593 J3 566 NTY 95  
R2 255 R3 195 TM 22 UC 709 VOZ 590  
Sing to the Mountains (Dufford) A 486 BB/MI 532 CP2 376 CP3 398  
GP2 673 GP3 722 H 509 J2 601 J3 580 R2 258 R3 150 UC 716  
VOZ 570 OCP 9497  
Sent Forth by God’s Blessing ASH GROVE A 468 BB/MI 387 CP2 504  
CP3 552 GP2 588 GP3 532 H 531 J2 768 J3 740 UC 599 VOZ 745  
Thanks Be to God CHARIS A 516 BB/MI 596 J2 638 J3 605 OCP 10162  
Laudate, Laudate Dominum (C. Walker) A 305 BB/MI 555 J2 598  
J3 597 OCP 10704  
Now Thank We All Our God NUN DANKET A 368 BB 200 CP2 382  
CP3 403 GP2 700 GP3 704 H 462 J2 636 J3 603 R2 297 R3 169  
TM 27 UC 662 VOZ 611 OCP 10237  
Hallelujah Is Our Song (Hart) A 899 BB 174 CCM 146 GP3 720  
I Send You Out (Angotti) GP3 531 S&S 214  
Go Into the World (Booth) CCM 286 OCP 30143083

### CHORAL

The Light of the Trinity (Mawby) OCP 4602  
Song to the Trinity (Scialla) OCP 30106750  
God in Trinity (Wright) OCP 20921

# The Most Holy Trinity

6/7/2020 YEAR A

Time \_\_\_\_\_ Priest Celebrant \_\_\_\_\_

Music Rehearsal/Liturgical Catechesis \_\_\_\_\_

Introduction, see *Prayer of the Faithful*, page 51 \_\_\_\_\_

## THE INTRODUCTORY RITES

Entrance Chant \_\_\_\_\_

Blessing and Sprinkling of Water/Penitential Act \_\_\_\_\_

Gloria \_\_\_\_\_

## THE LITURGY OF THE WORD

First Reading \_\_\_\_\_ Responsorial Psalm \_\_\_\_\_

Second Reading \_\_\_\_\_ Gospel Acclamation \_\_\_\_\_

Gospel \_\_\_\_\_

Homily \_\_\_\_\_

Dismissal of the Catechumens and Elect \_\_\_\_\_

Universal Prayer, see *Prayer of the Faithful*, page 51 \_\_\_\_\_

## THE LITURGY OF THE EUCHARIST

Presentation and Preparation of the Gifts \_\_\_\_\_

Eucharistic Acclamations \_\_\_\_\_

Holy, Holy, Holy \_\_\_\_\_

The Mystery of Faith \_\_\_\_\_ Amen \_\_\_\_\_

### The Communion Rite

The Lord's Prayer \_\_\_\_\_

Lamb of God \_\_\_\_\_

Communion Chant \_\_\_\_\_

Psalm or Hymn of Praise/Instrumental or Silence \_\_\_\_\_

## THE CONCLUDING RITES

Sending Forth \_\_\_\_\_

Choral Anthem of the Day \_\_\_\_\_

Prelude/Postlude \_\_\_\_\_

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### ENTRANCE ANTIPHON

Blest be God the Father, and the Only Begotten Son of God, and also the Holy Spirit, for he has shown us his merciful love.

### FIRST READING

Exodus 34:4b–6, 8–9 (164A)

Moses went up Mount Sinai to meet the Lord. He begged the Lord to accompany the Israelites, “a stiff-necked people.” He asked God to pardon their wickedness and sin.

### RESPONSORIAL PSALM

Daniel 3:52, 53, 54, 55

Glory and praise forever!

### SECOND READING

2 Corinthians 13:11–13

Paul encouraged the Corinthians to mend their sinful ways and help one another live in peace. He wrote to them, “The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with all of you.”

### GOSPEL ACCLAMATION

cf. Revelation 1:8

Glory to the Father, the Son, and the Holy Spirit; to God who is, who was, and who is to come.

### GOSPEL

John 3:16–18

God loved the world so greatly that he sent his only Son that all may have eternal life. The Son did not come to condemn the world but that it might be saved through him. Whoever believes in the Lord will live forever.

### COMMUNION ANTIPHON

Galatians 4:6

Since you are children of God, God has sent into your hearts the Spirit of his Son, the Spirit who cries out: Abba, Father.